



**WODS: CROSS TRAINING WOD BIBLE:
Beginner workouts in Ballistic, Bodyweight
Training & Cross Training (WODS, Crossfit,
Exercise, Workout, Daily Workout, ... Workout,
Cardio Workout, Work Out Daily)**

Tom Craig

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Cross Training WOD Bible!

Discover A Book That Tells You What You Should Do and How!

Instead of jumping right into the instructions, this book will provide you first with all the necessary concepts that you need to learn in order to make the learning process a whole lot easier.

This way, you're sure not to get lost in confusion once you get to the more complex lessons provided in the later chapters. Sample exercises are provided for a beginners approach on your learning

You will also learn different exercises and workouts of Cross Training, that will benefit you and your training needs!

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